
	DHS Head Start Program Policy		
HEALTH 5			
SUBJECT	Oral Health and Education		
REFERENCE	Comprehensive Health Services		
EFFECTIVE	4/10/2012		
Policy Council Approval: 7/25/17	Policy Council Revision: 4/23/19	Governing Body Approval: 9/28/17	Governing Body Revision: 5/23/19
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Policy:

Education Service Providers will ensure children brush their teeth once a day during program hours.

The Education Service Providers will develop and implement procedures to ensure educational oral health activities are provided and tooth-brushing is included in the classroom daily schedule.

At a minimum, procedures must include:

Tooth-Brushing:

- Staff must promote effective dental hygiene among children at least once daily.
- Staff or volunteers, if applicable must assist children in brushing their teeth using fluoride toothpaste.
- Non-fluoride toothpaste may be used upon request due to medical or other personal reasons.
- [A system to document a parent/guardian's request for their child not to participate in toothbrushing](#)

Sanitation:

- Tables should be clean and free of food debris.
- Toothpaste should not be put directly on a toothbrush and/or a non-disposable surface, such as a table or tray.
- Toothbrushes should be thoroughly rinsed after tooth-brushing.

Measures to prevent cross contamination:

- Toothbrushes should be labeled with the child's name and stored upright, in an air-dried covered position, and with no part of one toothbrush touching another toothbrush.

Additional guidelines:

- Children should spit out excess toothpaste after brushing. At least one staff member should supervise proper tooth brushing techniques.
- A child's toothbrush may be discarded and replaced when requested by a parent/guardian due to illness or other personal reasons.
- Toothbrushes should be replaced every 3 to 4 months or sooner if the bristles become splayed or worn.

Cavity Free Kids:

Education Service Providers must include the Cavity Free Kids Curriculum in lesson plans according to the following schedule:

- Unit 1: Let's Clean Our Teeth- throughout the program year.
- Unit 2: Get a Dental Checkup- August and September.
- An additional unit of choice or program that addresses dental health may be included during the month of February, National Children's Dental Health Month.

Performance Standard:

1302.43

Reference:

[CFOC Standards Database | National Resource Center \(nrckids.org\)](https://www.nrckids.org/)